## **My Fitness Journal**

	Is my attitude
Energized Tired I wa	Happy Sad No different
Have I noticed a difference in how I conce	
My thoughts:	Draw my Emoji of the day:
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IVI	y Fitness Journal
Name:	Date:
Name:How does my body feel when I'm active?	
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How does my body feel when I'm active?  Energized Tired I wa	Is my attitude  Happy Sad No different
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How does my body feel when I'm active?  Energized Tired I wa  Have I noticed a difference in how I conce	Is my attitude  Happy Sad No different  ntrate and how I do my work?  YES  NO NOT SURE
How does my body feel when I'm active?  Energized Tired I wa  Have I noticed a difference in how I conce	Is my attitude  Happy Sad No different  ntrate and how I do my work?  YES  NO NOT SURE
How does my body feel when I'm active?  Energized Tired I wa  Have I noticed a difference in how I conce	Is my attitude  Happy Sad No different  ntrate and how I do my work?  YES  NO NOT SURE